

# Gratitude Journal

Keeping a journal of the things you're grateful for has been shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem.

**Instructions:** Two times a week, write a detailed entry about one thing you are grateful for. This could be a person, a job, a great meal with friends, or anything else that comes to mind.



## Journaling Tips

- Don't rush to write down the first thing that comes to your mind. Take time to truly think about what you're grateful for. Expect each entry to take between 10-20 minutes.
- Writing about the people who you're grateful for tends to be more powerful than writing about things.
- Explain, *in detail*, why you're grateful. For example, if you're grateful for a friend who is nice, describe what they do that's nice, and why that makes you grateful.
- Aim for two solid entries each week. Keep your journal somewhere you'll see it, and plan when you can write. Set an alarm on your phone if you might forget.



## Journaling Prompts

**Note:** The use of prompts is optional. Feel free to write about anything for which you are grateful.

Someone whose company I enjoy...

A fun experience I had...

The best part about today...

An act of kindness I witnessed or received...

A reason to be excited for the future...

Someone I can always rely on...

A valuable lesson I learned...

Something I can be proud of...

Someone who I admire...

An unexpected good thing that happened...

Something beautiful I saw...

An experience I feel lucky to have had...



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Entry #3	Date:
[Lined area for writing entry #3]	

Entry #4	Date:
[Lined area for writing entry #4]	